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Peacock Press

2004

Peacock Press / March - April 2004

Naval Postgraduate School (U.S.)

Quality of Life Department, Naval Postgraduate School (U.S.)

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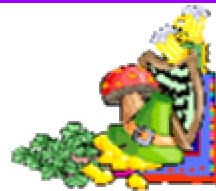


Peacock Press



Naval Postgraduate School

MARCH/APRIL 2004



Easter Brunch

Sunday, 11 April 2004

Barbara McNitt Ballroom, 10:45 a.m. - 2:00 p.m.



SALADS

Fresh Spinach Salad with Honey and Sesame Dressing
Grilled Vegetable Salad with Pesto
English Cucumber with Calamari and Lime Dressing
Artichoke with Buffalo Mozzarella
Eggplant Salad with Capers and Oregano

ENTREES

*Chef made to order Gourmet Omelet Station featuring Smoked Salmon,
Crab Meat, Bay Shrimp, Mushrooms, Red Peppers, Spinach,
Sun Dried Tomatoes, and Assorted Cheese Salsa*
Cheese Blintz with Blackberry Sauce
Fresh Bacon and Sausage
Grilled Red Potatoes with Herbs

Chef Carved Slow Roasted Beef with Aux Jus and Horse Radish
Crusted Salmon Florentine with Pickled Ginger Cream Sauce
Grilled Free Range Chicken Breast with Grape and Balsamic Demiglace Sauce
Basmati Rice with Wild Mushrooms

SEAFOOD BAR

Fresh Dungeness Crab and Shrimp on Ice with Cocktail Sauce

DESSERT

A selection of Fine Pastries, Pies, Cheeses and Berries

Adults \$19.75

Children 5-10 Half Price

Under 5 FREE

Reservations are highly encouraged.

Please call 656-2170 to reserve your table today.

Visit our website: www.mwr.nps.navy.mil



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NAVAL POSTGRADUATE SCHOOL

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Command Master Chief

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Executive Director, Facilities
and Support Services

James R. Thomas
Quality of Life Director

Darlene Raish
Leisure Services Manager

Eric Thompson
Golf Course/RV Campground
Manager

Megan Ryan
Child Development & Youth
Program Administrator

Hugh Butler
Executive Chef

Renee Leiva
Catering Sales Manager

Cecilia S. Legario
Newsletter Editor

The Peacock Press is a monthly publication of the MWR Department, Naval Postgraduate School. Information may be subject to change without notice.

All phone numbers are in
(408) 941-6000



March 2004 SCHEDULE OF CLASSES

Winning Interviews: Wednesday 3 Mar 1-3 pm FFSC, Bldg 3.

Veteran's Benefits Brief: Tues 9 Mar 1-3 pm FFSC Bldg 3. Obtaining information on your veteran's benefits can assist you with your future retirement/separation planning. Topics discussed: Education (MGIB), Disability Compensation, VA Home Loans, State Benefits for Veterans and Dependents, Supplemental Insurance, Vocational Rehabilitation, Servicemen's Group Life Insurance (SGLI) conversion and a question/answer session.

Introduction to Savings & Investments, Part 1: Wed 10 Mar 1-3 pm FFSC Bldg 3.

Creating & Maintaining Intimacy In

Your Marriage: Sat 13 Mar 9 am-3 pm ACS, Ord Military Community. A six-hour seminar focusing on communications skills, problem solving, listening, and resolving conflict. Couples will learn how to improve communications and friendships with significant others. Co-sponsored by the Army Community Services (ACS) and the Navy Fleet and Family Support Center (FFSC). **FREE childcare is available and registration is required** Call FFSC or ACS at 242-7653.

Introduction to Savings & Investments, Part 2: Wed 17 Mar 1-3 pm FFSC, Bldg 3.

Stress Management: Mon 22 Mar 4:15-5:45 pm FFSC, Bldg 2 This class will focus on techniques to cope with stress and reduce tension in your life. You formulate a plan of action to reduce stressors.

CONSEP Training: Tues-Fri 23-26 Mar 8 am-4 pm FFSC, Bldg 3 CONSEP (Career Options and Navy Skills Evaluation Program) is a four-day workshop that helps sailors to make important decisions about their careers by focusing on personal, financial, and navy

and civilian career planning. This is a mid-career course designed to military personnel with 6-12 years of service who are within 18-24 months from their EAOS.

Magic 1,2,3 Parenting Class: Tues 30 Mar 4:15-5:45 FFSC, Bldg 2. Sharpen your parenting skills. This program is for parents of children, ages 2 1/2 to 12 years. Learn to discipline without nagging, yelling, or arguing. We address ways to reinforce positive behavior.



How To Write A Good Resume: Wed 31 Mar 1-3 pm FFSC, Bldg 3.

On-Going Classes

Chess Group: Wednesdays 2:30-3:45 pm La Mesa Community Center; Advanced Group 3-4:30 pm. Thursdays 2:30-3:45 pm OMC Chapel; Advanced Group 3:30-4:30 pm.

Toddler Play Group: Fridays 10:30-11:45 am La Mesa Community Center.

Family Support Center, 656-3060 to register. Visit the FFSC website for update to classes: <http://www.nps.navy.mil/fsc>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>"Navy Regulations prohibit patrons from bringing food or beverages into an MWR facility from outside sources. Thank you for your cooperation."</p>	<p>1</p> <p>INTOLERABLE CRUELTY (R) 1800</p> <p>Every Monday Dinner Special El Prado Room 1600-2100 SEAFOOD CIOPPINO</p>	<p>2</p> <p>LOST IN TRANSLATION (R) 1800</p> <p>Every Tuesday Dinner Special El Prado Room 1600-2100 "Moist & Tender" PRIME RIB \$13.00</p>	<p>3</p> <p>MATRIX REVOLUTIONS (R) 1800</p> <p>Wednesday 3, 10, 24 & 31 Dinner Special El Prado Room 1600-2100 PORK CARNITAS</p>	<p>4</p> <p>TARZAN (G) 1730</p> <p>Every Thursday FAMILY NIGHT</p> <p>Dinner Special El Prado Room SPAGHETTI & MEAT SAUCE</p>	<p>5</p> <p>Every Friday Dinner Special El Prado Room 1600-2100 FETTUCINE PASTA Adults: \$9.00 Kids 5-10 \$4.50</p>	<p>6</p> <p>CLUB DEL MONTE CATERS GREAT DEALS FOR "WETTING DOWN/ PROMOTION PARTIES"</p>
<p>7</p> <p>ITT OPEN MON-FRI 0930-1330 1430-1630 CLOSED WEEKENDS & FEDERAL HOLIDAYS</p>	<p>8</p> <p>THE RUNDOWN (PG 13) 1800</p> <p>Dinner Special SEAFOOD CIOPPINO Adults: \$7.50 Kids 5-10: \$4.00 Under 5 \$2.00</p>	<p>9</p> <p>MY BOSS'S DAUGHTER (PG 13) 1800</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>10</p> <p>UNDER THE TUSCAN SUN (PG 13) 1800</p> <p>Dinner Special PORK CARNITAS Adults: \$8.50 Kids 5-10: \$4.25</p>	<p>11</p> <p>SNOW WHITE (G) 1730</p> <p>Dinner Special El Prado Room SPAGHETTI & MEAT SAUCE Adults: \$6.50 Kids 5-10 \$4.00</p>	<p>12</p> <p>Dinner Special El Prado Room 1600-2100 FETTUCINE PASTA ST. PATRICK'S 5-K RUN at 1500 Tech Connection La Mesa</p>	<p>13</p> <p>TRIDENT ROOM BEVERAGE SERVICE 1600-2300</p>
<p>14</p> <p>MONTEREY PINES GOLF COURSE OPEN DAILY 0630-1700 AND MOST FEDERAL HOLIDAYS PLEASE CALL 656-2167</p>	<p>15</p> <p>NO MOVIE</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>16</p> <p>UNDERWORLD (R) 1800</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>17</p> <p>THE HAUNTED MANSION (PG) 1800</p> <p>Dinner Special CORNED BEEF AND CABBAGE</p>	<p>18</p> <p>NO MOVIE</p> <p>Dinner Special El Prado Room SPAGHETTI & MEAT SAUCE</p>	<p>19</p> <p>Dinner Special El Prado Room 1600-2100 FETTUCINE PASTA</p>	<p>20</p> <p>MONTEREY BAY ATHLETIC CLUB OPEN MON-FRI 0530-2100 SAT: 1200-1700 CLOSED SUN & ALL FEDERAL HOLIDAYS</p>
<p>21</p> <p>MONTEREY PINES RV CAMPGROUND OPEN YEAR ROUND PLEASE CALL 656-2167</p>	<p>22</p> <p>LOVE ACTUALLY (R) 1800</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>23</p> <p>MONA LISA SMILE (PG 13) 1800</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>24</p> <p>NO MOVIE</p> <p>Dinner Special PORK CARNITAS</p>	<p>25</p> <p>DR. SEUSS' CAT IN THE HAT (PG) 1730</p> <p>Dinner Special SPAGHETTI & MEAT SAUCE</p>	<p>26</p> <p>Dinner Special El Prado Room 1600-2100 FETTUCINE PASTA</p>	<p>27</p> <p>MONTEREY NAVY FLYING CLUB OPEN MONDAY TO FRIDAY 0900-1700</p>
<p>28</p> <p>MONTEREY PINES 19TH HOLE GRILL FOOD SERVICE OPERATION OPEN 7 DAYS A WEEK PLEASE CALL 656-2167</p>	<p>29</p> <p>GOTHIKA (R) 1800</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>30</p> <p>NO MOVIE</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>31</p> <p>KILL BILL (R) 1800</p> <p>Dinner Special PORK CARNITAS</p>			<p>FOR PARTY RESERVATIONS AT</p> <p>CLUB DEL MONTE</p> <p>PLEASE CALL 656-2170</p>

March/April 2004 Dinner Specials
Served in the El Prado Dining Room
Monday-Friday 4:00-9:00 p.m.

MONDAY DINNER SPECIAL



FRESH SEAFOOD CIOPPINO

*with Shrimp, Calamari, Crab and Mussels,
Fresh Caesar Salad and Garlic Bread*

Adults \$7.50 Kids 5-10 \$4.00 Under 5 \$2.00

TUESDAY DINNER SPECIAL



SLOW ROASTED PRIME RIB

*"moist and tender" with Aux Jus
accompanied with Horse Radish,
Baked Potato, Sour Cream and
Chef's choice dessert*

only \$13.00

FAMILY NIGHT EVERY THURSDAY DINNER SPECIAL



SPAGHETTI AND MEAT SAUCE

Adult \$6.50 Kids 5-10 \$4.00

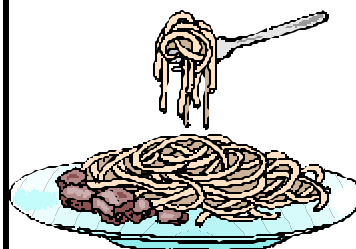
WEDNESDAY DINNER SPECIAL



PORK CARNITAS *with Black Beans and Salsa*

Adults \$8.50 Kids 5-10 \$4.25

FRIDAY DINNER SPECIAL



FETTUCCINE PASTA

*with Salmon, sautéed Mush-
room, Bell Pepper & Onions
in a White Cream Sauce.*

Adults \$9.00
Kids 5-10 \$4.50

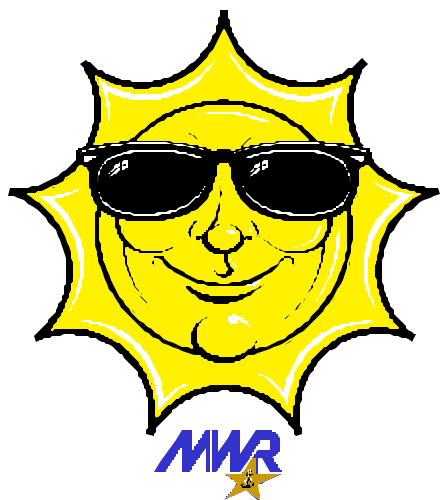
ST. PATRICK'S DAY SPECIAL Wednesday March 17 CORNED BEEF



AND CABBAGE

only \$7.50

*For more updated information
about MWR events,
visit our website at
www.mwr.nps.navy.mil*



LEISURE FUN FAIR

Thursday, 22 April 2004
Barbara McNitt Ballroom
11:00 a.m. - 1:00 p.m.

Visit with our vendors and find out what there is to do locally and throughout California!

OVER 30 VENDORS!

WIN!

WIN!

WIN!

Fabulous prizes!

Six Flags tickets, a complimentary night stay at the Hilton Garden Inn, San Francisco Zoo tickets just to name a few! Come join the fun!

All MWR patrons are invited.

Call 656-7955 for more details.

For more updated information, check our website at www.mwr.nps.navy.mil, and check the Latest and Greatest on the home page for the most recent deals or specials.



**Located on
HERRMANN HALL
QUARTERDECK**

**Open
Monday-Friday
9:30 a.m. ~ 1:30 p.m.
2:30 ~ 4:30 p.m.**

**Closed Weekends
and
Federal Holidays**

MARCH	UPCOMING ITT TOURS	PRICE
6	Lion King - Best of Broadway	\$65.00
13	Hockey - Sharks vs. LA Kings	\$45.00
20	St. Patrick's Day Parade San Francisco	\$23.00
27	Pier 39/Alcatraz	\$45.00
APRIL		
3	Solvang Danish Village	\$25.00
10	Mamma Mia - Best of Broadway	\$65.00
17	Lion King - Best of Broadway	\$65.00
17	Baseball - S. F. Giants vs. LA Dodgers	\$45.00
24	Local Monterey Wine Tour	\$45.00



Ski season is here!! Check out ITT for reduced lift tickets at the following ski resort locations:

HOTEL AND CASINO



Going to Las Vegas? ITT has a new hotel on their voucher program. Arizona Charlie's Decator Hotel/Casino. Weekdays \$31.00/night or weekends \$50.00/night.

DEEP SEA FISHING & WHALE WATCHING



Sign up for local deep-sea fishing or whale watching excursions with Randy's Fishing Trips. Whale watching is \$13.00 for adults and \$11.00 for children 2-11 yrs. Prices for fishing start at \$36.00 per person. Gear and license are extra.

ENTERTAINMENT BOOKS



2004 Entertainment Books are now on sale for \$20.00. Use coupons to save money at the local stores, restaurants and more!

9-11 COMMEMORATIVE ORNAMENTS

9-11 Commemorative Ornaments are available at the ITT office for only \$12.00.

Portion of the proceeds go to the Pentagon Relief fund.

2004 Price Change for the Monterey Bay Aquarium: Adult \$17.95; Senior Citizen \$16.95; Student \$14.95 and Child \$7.95.

SKI LIFT TICKETS	MWR	SITE
Alpine Meadows	\$40.50	\$56.00
Big Bear Mountain	\$44.50	\$48.00
Brian Head (Utah)	\$33.00	\$38.00
Brian Head Child (6-12)	\$22.00	\$25.00
Heavenly	\$53.50	\$62.00
Kirkwood	\$48.50	\$58.00
Kirkwood young adult (13-18)	\$40.00	\$46.00
Northstar/Sierra	\$48.50	\$58.00
Northstar/Sierra young adult (13-22)	\$39.00	\$47.00
Mt. Rose	\$33.50	\$48.00
Squaw Valley	\$50.00	\$58.00
Sugar Bowl Adult	\$41.50	\$56.00



OAKLAND A'S BASEBALL TICKETS ON SALE!

Tickets are \$12.25 for weekend games throughout the season. Special orders for weekday games can be placed in advance. Stop by ITT for more information.

BEST WESTERN STOVALL SPECIAL OFFER



Going to Disneyland and need a hotel? The Best Western Stovall's is currently offering Buy 2 Nights Get Your 3rd Night Free! Now through March 15, 2004.

Stop by ITT for more details.

SPORTS



ST. PATRICK 5K-RUN

Friday March 12, 2004 at 1500
Tech Connection, La Mesa



Cost: \$12.00 active duty/reserve; \$13.00 retired/family;
\$14.00 DOD/civilian

Sign up at the Fitness Center front desk
to get a free T-shirt.

Trophies for first and second place for each division.
Gift Certificates for overall winner men and women.



SPRING SOFTBALL LEAGUE

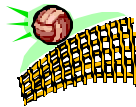
League begins April 12, 2004

Games played: Every Mon & Wed 1800, 1900 & 2000
Rosters due April 9, 2004.

SPRING VOLLEYBALL LEAGUE

League begins April 13, 2004

Games played: Every Tues & Thurs 1800, 1900 & 2000
Rosters due April 9, 2004.



FITNESS

Free Massage. Training for Big Sur marathon or maybe you just need to optimize your fitness program. Our Massage Therapist here at NPS is offering free introductory, 5-10 minute massages to all NPS Fitness Center members, on March 19, and April 16, from 11:00 am to 1:00 pm. Benefits of massage include relaxation, rejuvenation, healing, muscle tone improvement and stress relief.

Fitness For Pregnant Women. Since one of our Personal Trainers is pregnant we thought what a great opportunity to teach a fitness class for pregnant women. This class will be split into two parts; one half of the class will be lecture and the other will be light weight bearing exercises and stretching. The cost will be \$4.00 a session or \$25.00 a month (eight sessions). This class will be offered on Mondays and Wednesdays at 4:30-5:30 pm. Starts March 1, 2004 (runs three months).

Pilates: Come and meet our new Pilates Instructor, Lashley Pulsipher. AFAA Group Fitness Instructor. Lashley is multi-talented with a B.A. in Political Science and a B.A. in Arabic Studies. Her classes are held on Mondays and Wednesdays at 12:00-1:00 pm. Cost: \$50.00 a month, or \$15.00 a week or \$9.00 a day.

Fitness Education Classes. Free to all members military (active, retired, reserve), DOD and family members. All classes will be held from 11:00-12:00 pm. Get the latest up to date information from one of the best Personal Trainer in the business.

Mar 4 Nutrition for performance
Mar 11 Cardiovascular training - peaking your performance
Mar 18 Optimize your Strength Program
Apr 1 Cardiovascular Training
Apr 8 Strength Training
Apr 15 Nutrition for the long run

PERSONAL TRAINING IS AVAILABLE TO OUR PATRONS



Our new female personal trainer **Cheryl Thiry** is certified by American Council on Exercise. She comes with a great deal of experience including continuing education in Nutrition, Weight Management & Exercise and Pregnancy.

\$20.00 for a half hour or \$40.00 an hour or \$225.00 for 6 one hour sessions, by appointment only.

GROUP FITNESS CLASS SCHEDULE

HOURS	MON	TUES	WED	THURS	FRI
6:00 AM	STEP IT UP		STEP IT UP		
7:45 AM					TOTAL BODY CONDITION
11:00 AM	POWER FLEX		POWER FLEX		
12:00 PM	PILATES	SPIN (CYCLING)	PILATES		
4:30 PM	PREGNANCY FITNESS	POWER FLEX	PREGNANCY FITNESS	POWER FLEX	
5:30 PM	STEP	SPIN (CYCLING)	STEP	SPIN (CYCLING)	

FITNESS CLASS FEES

ELIGIBLE PATRONS	AEROBIC DAILY	CYCLING DAILY	AEROBIC 8-PUNCH CARD	YOGA MONTHLY	YOGA WEEKLY	YOGA DAILY
ACT.DUTY/RESERVIST	FREE	FREE	N/A	\$50.00	\$15.00	\$9.00
RETIREE/FAMILY MEMBER	\$2.00	\$2.50	\$12.00	\$50.00	\$15.00	\$9.00
DOD CIVILIAN	\$3.00	\$3.00	\$16.00	\$50.00	\$15.00	\$9.00

There will be no Aerobic Classes from December 15, 2003 thru January 2, 2004. Classes will resume January 5, 2004.

GYM MEMBERSHIP FEES

ELEGIBLE PATRONS	DAILY	MONTHLY	1/2 YEAR	ANNUAL
ACTIVE DUTY RESERVIST	FREE	FREE	FREE	FREE
RETIREE/FAM MEMBER	FREE	FREE	FREE	FREE
DOD CIVILIAN	\$5.00	\$25.00	\$80.00	\$150.00

THERAPEUTIC MASSAGE

(Male or Female therapist now available)
Help improve performance, decrease pain
and promote relaxation!



Fees:

\$60.00 for 60 minutes massage session.
\$90.00 for 90 minutes massage session.

For appointments, please call 656-3118.

Child Development Center "CDC is the place to be!"



If your child is between the ages of six weeks and five years and you are looking for a high quality, nurturing early childhood experience - the Child Development Center (located in La Mesa Village) is the place for you! We offer full-time child care Monday-Friday 0730-1730. Please contact the center to see if a space is available as we do maintain a wait list.

Life Skills Readiness Program (Part-Day Preschool Enrichment Program)

January 5 - June 2004 9:00 - 11:30 am

Close for Spring March 15-26, 2004

Jellyfish Drop-In Care Room: Jelly Fish Drop In hours are 8:30 am-2:00 pm. Reservations can be made up to **one month in advance**. Please keep in mind if cancellations are not made prior to the scheduled appointments, a \$5.00 fee will be charged. Care is available Monday-Friday for children ages 1 year

(walking) through 6 years. The rate is \$3.50 per hour plus an additional \$.50 for snack and \$2.00 for lunch. Afford yourself the extra time you need for appointments, to run errands, or to have a little adult time to yourself. We have lots of fun!

Before School Care is available for children ages 5-12 years attending La Mesa Elementary School.



CELEBRATION

PJ'S AND PANCAKES

Saturday April 17, 2004

9:30 - 11:30 am

Teen and Youth Center-Tech Connection

All children and their families

are invited to join us

with your PJ's on and ready

to flip some pancakes!

Once our tummies are full, we'll

have games and activities for the

whole family to enjoy!!

We will have a new Child Development Home Provider soon who will be offering an exciting program for toddlers from 2-4!! Morning sessions will be available either 2 days or 3 days per week from 8:30 am - 12 noon. Spaces are limited. Please call 656-2734 for more information.





The Child Development Home program offers **Navy certified care by military family members in their homes.**

Interested in pursuing a rewarding career and working at home? How about becoming a Child Development Home Care provider? You'll receive extensive training, become First Aid/ CPR qualified and be part of our dedicated team of professionals that provide child care in their homes. Give us a call! We'll be happy to give you more information, and assist you through our CDH certification process!

The Benefits: You can stay home with your own children, offer authorized quality child care for others in your La Mesa residence, share in the financial support of your family, and have fun!

All of our programs are open to active duty military, reservists in active duty status, military retirees, and DOD civilians. Please call 656-2734 for more information.

MARCH 2004 SAC SCHEDULE OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <i>OBSTACLE COURSE</i>	2 <i>SHAMROCK CENTERPIECE</i>	3 <i>THE GOOD HUMOR GAME</i>	4 <i>HEADS UP SEVEN UP</i>	5 <i>LEPRECHAUN MARIONETTE</i>
8 <i>SPONGE PAINTING</i>	9 <i>THE KING</i>	10 <i>THE BIG PICTURE</i>	11 <i>STRAW SCULPTURES</i>	12 <i>FREE DAY</i>
15	16	17	18	19
C A M P B O O T S				
22	23	24	25	26
SPRING CAMP MARCH 15-26				
29 <i>STRING DOLLS</i>	30 <i>BUBBLES</i>	31 <i>RAINBOW STREAMERS</i>		

YOUTH BASEBALL/TEE-BALL 2004. Registration is March 8, 2004; Skills Assessment is April 3, 2004. Practice begins April 5, 2004 for age group 4-6, 7-8, 9-11. Coaches get first child for free. Open to military and DOD families. Contact Teen/Youth Sports Coordinator Daniel McCune at (831) 656-2127 or e-mail teensports@nps.navy.mil.

APRIL 2004 SAC SCHEDULE OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
School Age Care is for children in 1st thru 5th grade. The hours while school is in session are 1415 to 1800. The SAC program also provides Full Day Camps when children are on their fall, spring and summer breaks. The hours are 0730-1800. Fees for the SAC program are based on total family income.			1 <i>APRIL FOOLS DAY</i>	2 <i>BEAT THE BUNNY (outside game)</i>
5 <i>INDOOR & OUTDOOR TREASURE HUNT</i>	6 <i>CANDY BIRD NESTS</i>	7 <i>DUST BUNNY IN THE SAC ROOM</i>	8 <i>PINE CONE FEEDER (International Bird Day)</i>	9 <i>BRING YOUR GAME BOYS</i>
12 <i>CONFETTI EGGS</i>	13 <i>DOTS GAMES</i>	14 <i>FREE DAY</i>	15 <i>BUILD YOUR OWN BOAT (1912 Anniversary of the Titanic)</i>	16 <i>PARENTS VS KIDS BALLOON BATTLE</i>
19 <i>COMPUTER LAB (let's surf the net)</i>	20 <i>CAPTURE THE FLAG</i>	21 <i>PRETEND STAINED GLASS</i>	22 <i>NERKETBALL</i>	23 <i>PING PONG CHALLENGE</i>
26 <i>MAKE YOUR OWN SKITS</i>	27 <i>PENTOMINOES</i>	28 <i>HAND PRINT PAPER FLOWERS</i>	29 <i>SAC VS OPEN REC IN A WATER WAR (Bring a change of Clothes and a towel)</i>	30 <i>NATIONAL OATMEAL COOKIE DAY</i>



www.navyflyingclubs.com/monterey

The Monterey Navy Flying Club offers excellent opportunities for aircraft rentals, recreational flying and professional flight training to Active Duty, National Guard, Reserve members and their families; Retirees and their families; Civil Air Patrol members; and federal government employees. The club's airplane rental and instruction rates are the lowest in California. Learn how to fly, meet new friends and discover the beauty of the Monterey Peninsula! Give us a call and visit our website.

MEMBERSHIP FEES

Monthly dues: \$23.00

Initiation fee: \$30.00

Want to earn your pilot's certificate?

You have often thought about becoming a pilot. Our staff of professional flight instructors is ready to help you achieve your goal - for a much lower cost than you will find anywhere else. Ground school, the first step in learning the basics of flight, is offered in cooperation with Monterey Peninsula College or through self-study courses available through the Club.

Ground and Flight Instruction: \$25.00/hour.

COST SHARING: *Our licensed pilots at the Monterey Navy Flying Club frequently fly by themselves, and through "cost sharing" of the fees for the flight, you and up to two other MWR eligible patrons can fly along. Fly over the California Coast or down it's beautiful valleys. Call the Monterey Navy Flying Club at (831) 372-7033 for more information.*

AIRCRAFT RENTAL RATES



Beech (T-34) \$100.00



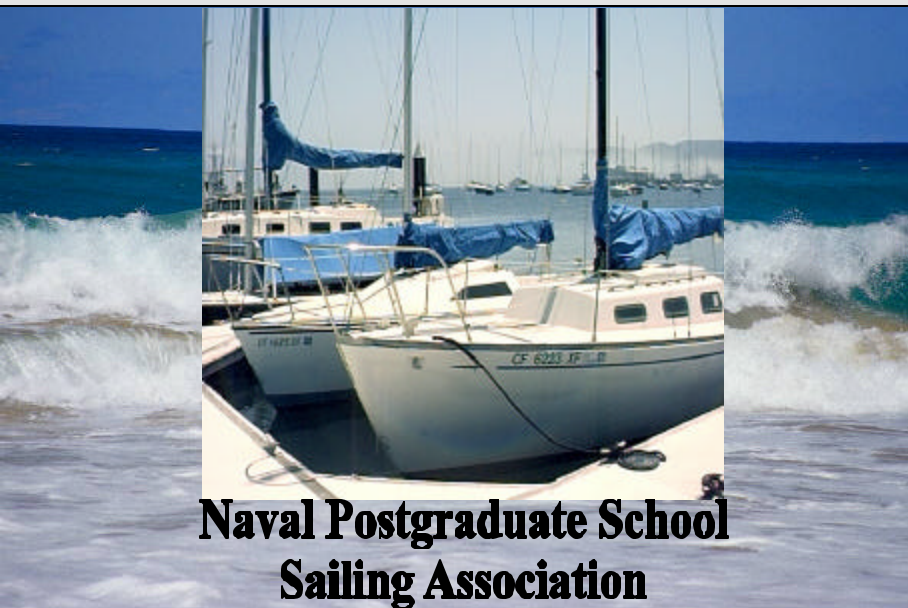
Cessna 152 (IFR) \$50.00



Cessna 172 (IFR) \$66.00

All rates are on a hourly basis including fuel.

Bluewater Cove Marina



Naval Postgraduate School Sailing Association

NPSSA, is dedicated to practicing and promoting the art of sailing as well as furthering Navy sailing in the Monterey area. NPSSA is comprised of students, faculty and staff from NPS and DLI, local active duty and retired personnel, and DOD civilians. Members take part in local racing events and NPSSA-sponsored cruising events. For more information on how to get involved with sailing in Monterey, contact NPSSA at npsa@nps.navy.mil.



MWR ADVISORY BOARD TO MEET WEDNESDAY, 3 MARCH 2004

The next MWR Advisory Board Meeting is set for Wednesday, 3 March 2004, at 10:00 a.m. in the La Novia Room, Herrmann Hall, Bldg 220.

All Departments of the Naval Postgraduate School and tenant commands are encouraged to send representatives to these informative bi-monthly meetings.

This is your opportunity to gather the latest MWR information and to share your organization's feed back with key MWR personnel.

For more on how your command can take part in the MWR Advisory Board, call the MWR Administrative Office at 656-1049.



Go to our new website at
www.montereypinesgolf.com.

Register with our site and print off coupon good for discounted green fee. Good Monday - Friday only and golfers must present coupons at check in time.

Golf instruction available from your certified golf instructors.

ERIC THOMPSON/DAVID HARBER/BOON CHATVONG
Golf Professionals



	CIVILIAN	MILITARY	JUNIOR
HALF-HOUR	\$35.00	\$30.00	\$25.00
ONE HOUR	\$55.00	\$50.00	\$45.00
VIDEO HOUR	\$70.00	\$65.00	\$60.00
PLAYING LESSON	\$85.00	\$80.00	\$75.00
5 1/2 HOUR SESSIONS	\$125.00	\$125.00	\$125.00

GOLF SCHOOL AT MONTEREY PINES



LADIES
SKILL DEVELOPMENT CLASSES
4 - 2 hour sessions
one week apart \$100.00

JUNIORS
SKILL DEVELOPMENT CLASSES
5 - 1.5 hour sessions
one week apart \$90.00



Classes will be limited to 6 students.

Private individual and group lessons by appointment.

For more information, call 656-2167.

PUNCH CARD 20 PLAY	25% DISCOUNT
MILITARY	\$180.00
DOD	\$270.00
CIVILIAN	\$360.00

10 play range cards are now available for \$40.00

MONTEREY PINES RV CAMPGROUND

Monterey Pines RV Campground is **OPEN YEAR ROUND** and is available to all active duty, reservists, retirees, family members and DOD civilians.



*About Our Park

Located deep within the serene Monterey Pines Recreation Complex (Fairgrounds Road at Garden Road in Monterey), our park offers 30 full hook-ups, 8 partial hook-ups, a bathhouse and coin-op laundry facilities. Site 14 offers access for the physically challenged. Visa and Mastercard are accepted.

DAILY RENTAL FEES

ELIGIBLE PATRON	Full Hook-Up	Partial Hook-Up
Military	\$22/Day	\$18/Day
DOD	\$25/Day	\$22/Day
Sponsored guests	\$29/Day	\$25/Day

RV VEHICLE STORAGE RATE

	0 TO 20 FT	OVER 20 FT
Military	\$15.00	\$20.00
DOD Civilian	\$20.00	\$25.00

GOLF FEES

GREEN FEES	PRIME	TWI
MILITARY	\$12.00	\$10.00
DOD	\$18.00	\$12.00
CIVILIAN	\$24.00	\$15.00

RENTALS:	Cart Rate	\$20.00
	Single Cart	\$12.00
	Rental Clubs	\$10.00
	Pull Carts	\$5.00

NAVAL POSTGRADUATE SCHOOL (Area Code 831)

MWR (NPS) Intranet Events Calendar - <http://onboard.nps.navy.mil/intra/>

MWR ADMINISTRATIVE OFFICES - Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open weekdays, 8 a.m. to 4:30 p.m. Closed weekends and federal holidays. Phone: 656-2170 or 656-2432.

EL PRADO DINING ROOM - Herrmann Hall ground floor (Bldg. 220). Open Monday through Friday. Closed weekends and federal holidays. For information, call: 656-2170.

Hours of Operation:

Ala Carte Breakfast: 6:45 - 10:45 a.m. Weekdays
Hot Breakfast: 6:45 - 9:00 a.m. Weekdays
Lunch: 10:45 a.m. - 2:00 p.m. Weekdays
Dinner: 4:00 - 9:00 p.m. Monday through Friday

TRIDENT ROOM - Herrmann Hall ground floor (Bldg. 220). Open Monday through Saturday. Closed Sundays and most federal holidays. Phone: 656-2170 or 656-7508 (after regular business hours). Hours of Operation:

Beverage Service : 4:00 - 11:00 p.m. Monday - Wednesday
3:00 - 11:00 p.m. Thursday & Friday
4:00 - 11:00 p.m. Saturdays
Dinner Service : 4:00 - 9:00 p.m. Monday through Friday

CLUB DEL MONTE/CATERING SALES OFFICE - Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open Monday through Friday, 8:00 a.m. - 4:30 p.m. Closed weekends and federal holidays. Phone: 656-1049.

INFORMATION TICKETS & TOURS - Herrmann Hall Quarterdeck (Bldg. 220). Open 9:30 a.m. - 4:30 p.m. Monday through Friday. Closed weekends and federal holidays. Closed for lunch 1:30-2:30 p.m. Phone: 656-3223.

CHILD DEVELOPMENT CENTER - La Mesa Village next to La Mesa Elementary School. Open 7:30 a.m. - 5:30 p.m., Monday through Friday. Closed on all federal holidays. Phone: 656-2734.

CHILD DEVELOPMENT HOMES - Available within La Mesa Village. Contact the Child Development Center for information. Phone: 656-2734.

TECH CONNECTION - La Mesa Village, (Bldg. 444) 1222 Leahy Rd. Open for School Age Care, Monday through Friday, 2:30-6 p.m. while school is in session. Special camps offered for school breaks (all seasons) & teacher in-service days. Youth & Teen Open Recreation, 2:30- 6:00 p.m. Monday through Friday while school is in session and 0900-1800 during day camp. Closed on all federal holidays. Phone: 656-2127.

MONTEREY BAY ATHLETIC CLUB ~ (Bldg. 208). Hours of Operation: Open Monday through Friday, 5:30 a.m. - 9:00 p.m.; Saturdays, 8:00 am - 1:00 p.m. Closed on Sundays and federal holidays. Phone 656-3118.

MONTEREY PINES GOLF COURSE - Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily, 6:30 a.m. - 5 p.m., including most federal holidays. Hours vary seasonally. Phone: 656-2167.

MONTEREY PINES RV CAMPGROUND - Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily. Phone: 656-7563.

MONTEREY NAVY FLYING CLUB - At the Monterey Airport. Open Monday to Friday 9:00 a.m. - 5:00 p.m. Phone: 372-7033.

BLUEWATER COVE MARINA - On the Coast Guard Pier, downtown Monterey. Open daily. Phone: 242-5747/656-3118.

MWR BUSINESS OFFICE - Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 8 a.m. - 4:30 p.m. Closed weekends and all federal holidays. Phone: 656-7954.

MWR MARKETING OFFICE - Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 8 a.m. - 4:30 p.m. Closed weekends and all federal holidays. Phone: 656-1170/7677.

THE FLEET & FAMILY SUPPORT CENTER - 1280 Leahy Road, Monterey, Ca 93940. Open Monday through Friday, 8:00 a.m. - 4:30 p.m. Tel: 656-3060.

NAVY EXCHANGE TELEPHONE NUMBERS - Main Store: 373-7277; Autoport: 373-7271; La Mesa Mini-Mart: 375-0959.

NAVY LODGE - 1100 Farragut Road, Monterey, Ca 93940. Tel: 372-6133.



Peacock Press

Morale, Welfare and Recreation Department
Naval Postgraduate School
1 University Circle
Monterey, CA 93943-5000

CHECK OUT MWR'S WEBSITE!

www.mwr.nps.navy.mil